



August 25, 2015 – Grand Rapids, MI

Kids and Cooking

Many people are still finishing up their vacations so I thought I'd tackle something a little lighter than a complicated study this week. Sometimes I'm bombarded with so many events and observations, a message theme just appears; recent events are pointing me to kids and cooking.

First, it's back-to-school time. What seemed to begin the day after school let out—the back-to-school sales—has kept kids in every ad and commercial.

Second, the NBC show *Foodfighters* featured a 12-year-old girl who was inspired to cook healthier meals when her mother developed cancer. Her mother had said, "Food is medicine. It doesn't have to taste good, just eat it." Danielle was convinced healthy food could also taste good and set out to prove it.

Third, the Food Network show called *The Kitchen* dedicated an entire episode to kids and cooking, and it included some great tips for getting kids involved with food prep. Depending on your television cable or satellite provider, you might still be able to catch it.

Fourth, Food Network's new show, *Rachael Ray's Kids Cook-Off*, debuted last night with eight junior chefs, all preteens.

The final event was something in Grand Rapids. Grand Rapids is a happening place, and one of the coolest places is the Downtown Market Grand Rapids. There's the typical: a farmer's market. There are shops with interesting organic cuisine, something you probably have in your hometown somewhere. But on the second floor of the first LEED-certified market in the U.S. is a teaching kitchen dedicated to teaching children to cook. From farm to plate, they teach children of all ages about food.



With seeing and hearing all of that, it was inevitable that I had to write about kids and cooking. But it's a topic I relate to as well because of the way I was raised. I'll let you know all about that on Thursday.

What are you prepared to do today?

Dr. Chet

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